



September and October Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Drop in Programs				
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 9:00 a.m. Beg. Spanish 10:00 a.m. Zumba Gold 11:00a.m. Stroke Support Group 11:00 a.m. Ageless Grace 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair 4:00 p.m. NEW! Nia	9:00 a.m. Aerobics 9:00 a.m. Int. Spanish 9:30 a.m. Bridge Lesson 10:30 a.m. Muscle Cond. 10:30 a.m. Int. Spanish 1:00 p.m. Bingo 1:00 p.m. 3D Open Studio 1:30 p.m. Swing Band	9:00 a.m. Pool Cues 9:00 a.m. Chamber Ensemble (starts September 17) 9:30 a.m. 2D Open Studio 1:00 p.m. Duplicate Bridge	9:00 a.m. Knitting 10:00 a.m. Beg. Tai Chi 10:30 a.m. Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:30 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Aerobics 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Muscle Cond. 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
1 Senior Center Closed Labor Day	2 11:45.....Lunch Macaroni and cheese or roast beef with Swiss cheese	3 9.....Diabetic Shoe Clinic 10:45.....Beyond Balance 11:45.....Lunch Labor Day Southern Special BBQ pulled pork or turkey with American cheese 12:30...Look Beautiful Everyday 2.....Home Safety	4 11:45.....Lunch Greek chicken or seafood salad 12:30.....Ceramics	5 9:30.....Health Clinic 11:45.....Lunch Catfish with broccoli cheese sauce or egg salad sandwich 12:30.....“Radio” Remember
8 10.....SHINE Program 11:45.....Lunch Turkey divan or seafood salad 12:45.....Beyond Balance 1.....Low Vision Group 2:30.....Library Program	9 Election Day 11:45.....Lunch Tortellini with marinara or turkey with Swiss cheese Aerobics, Muscle Conditioning, and Swing Band are cancelled.	10 10.....Jewish Genealogy 10:45.....Beyond Balance 11:45.....Lunch Sweet potato crusted fish or California chicken salad 12:30.....Municipal Bonds	11 9:30.....Men’s Club @Johnny’s 11:45.....Lunch Baked chicken or vegetarian chef salad 12:30.....Ceramics	12 11:45.....Lunch Spinach and red pepper quiche or roast beef with cheddar 12:30.....“Radio” Remember
15 9.....Theater Workshop 11:45.....Lunch Chicken with creamy Italian sauce or egg salad 12:45.....Beyond Balance Medicare Open Enrollment begins.	16 11:45.....Lunch Salmon with dill sauce or ham and Swiss cheese 12.....Birthday Celebration 12:30.....My Life, My Health	17 10.....Senior Bikers 10.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch Hot dog or tuna salad 12:30.....Lillian’s Last Affair 1.....iPad Level 1	18 9:45.....Memoir Writing 11:45.....Lunch Stuffed pepper or turkey deluxe sandwich 12:30.....Ceramics	19 9:30.....Health Clinic 10.....Book Club 11:45.....Lunch Lentil stew or chicken pesto salad 12:30.....“Radio” Remember
22 9.....Theater Workshop 11:45.....Lunch Beef stroganoff or California chicken salad 12:45.....Beyond Balance 1.....Dialogue w/ the Director	23 11:45.....Lunch BBQ chicken or seafood salad sandwich 12:30.....My Life, My Health 6:30...PACT Dinner and Discussion	24 11:45.....Lunch Salmon boat or chef’s salad with ham 1.....Movie, Gravity	25 10.....Newton Men’s Club 10:30.....Short Story Group 11:45...Lunch: Roasted turkey or cottage cheese plate 12:30.....Ceramics No Memoir Writing or Yoga today	26 9.....Alderman Norton 11:45...Lunch: Stuffed shells with tomato sauce or turkey and Swiss 12:30.....“Radio” Remember 1.....Sports Talk
29 9.....Theater Workshop 10:30.....Parkinson’s Group 11:45.....Lunch Chicken marsala or tuna salad sandwich 12:45.....Beyond Balance	30 11:45.....Lunch Meatloaf with gravy or chicken salad sandwich 12.....Nutrition Talk 12:30.....My Life, My Health	1 10:30.....Unmaking of a Nun 10:45.....Beyond Balance 11:45.....Lunch Macaroni and cheese or roast beef with American cheese	2 9:30.....Healthy Eating 9:45.....Memoir Writing 11:45.....Lunch Haddock with crumb topping or Mediterranean tortellini salad 12:30.....Ceramics	3 11:45.....Lunch Broccoli-mushroom quiche or turkey deluxe 12:30.....“Radio” Remember
6 9.....Theater Workshop 11:45.....Lunch Turkey tetrazzini or egg salad sandwich 12:45.....Beyond Balance 1.....Low Vision Group 2:30.....iPad Level 1	7 11:45.....Lunch October Fest Special Bratwurst and German potato salad or chicken pesto Caesar salad 12:30.....My Life, My Health	8 10....History of Math: 20th c. 10...Trip: Foliage & Fruitlands 10:45.....Beyond Balance 11:45.....Lunch Sweet potato Pollack filet or roast beef with cheddar cheese 1.....Movie, 12 Years a Slave 1:30.....American Art ESOL	9 9:30.....Men’s Club @Johnny’s 9:30.....Healthy Eating 9:45.....Memoir Writing 11.....Hearing Screening 11:45.....Lunch Pot roast with gravy or seafood salad 12:30.....Ceramics	10 9:30.....Health Clinic 11:45.....Trip to the BSO 11:45.....Lunch Tortellini with marinara sauce or turkey with Swiss cheese 12:30.....“Radio” Remember
13 Senior Center Closed Columbus Day	14 11:45.....Lunch Beef burgundy or BBQ chicken with mozzarella cheese 12.....Birthday Celebration 12:30.....My Life, My Health	15 10....History of Math: 20th c. 10.....Senior Bikers 10.....Alderman Danberg 10:45.....Beyond Balance 12.....Pizza Party 1.....Movie: The Lunchbox 1:30.....American Art ESOL	16 9 a.m. - 1 p.m., Health Fair No regular programs will be held at the Senior center	17 10.....Book Club 11:45.....Lunch Lentil stew or roast beef with cheddar cheese 12:30.....“Radio” Remember
20 9.....Theater Workshop 11:45.....Lunch Ginger chicken or tuna salad sandwich 12:45.....Beyond Balance	21 11:45.....Lunch Veggie burger with cheddar or turkey and cheddar sandwich 12.....Dialogue w/the Director 12:30.....My Life, My Health	22 10:45.....Beyond Balance 11:45.....Lunch American chop suey or egg salad sandwich 12:30...Protecting your Nest Egg 1:30.....American Art ESOL	23 9:30.....Healthy Eating 9:45.....Memoir Writing 10.....Newton Men’s Club 11:45.....Lunch Stuffed shells with tomato sauce or ham and Provolone 12:30.....Ceramics 2.....Cake Decorating	24 11:45.....Lunch Krunch Lite fish sticks or breaded chicken patty 12:30.....“Radio” Remember
27 9.....Theater Workshop 10:30.....Parkinson’s Group 11:45.....Lunch Roast pork or seafood salad sandwich 12:45.....Beyond Balance	28 11:45.....Lunch Chicken Parmesan or turkey with American cheese 6:30...PACT Dinner and Dance	29 10:45.....Beyond Balance 11:45.....Lunch Hot dog or roast beef with cheddar cheese 12:30...Alz. Assoc Presentation 1:30.....American Art ESOL	30 9:30.....Healthy Eating 9:45.....Memoir Writing 10:30.....Short Story Group 11:45.....Lunch Meatball sub or chicken salad 12:30.....Ceramics	31 9.....Alderman Norton 9:30.....Health Clinic 11:45...LunchTurkey a la King or Mediterranean salad 12:30.....“Radio” Remember 1.....Sports Talk